CLAIMS:

What is claimed is:

1. A method of updating a data memory in a personal digital assistant device and a wrist watch, comprising the steps of:

(a) powering a watch;

(b) running a program resident on the watch, wherein said program identifies at least one data set to synchronize;

(c) selecting an external data set located on an external digital device to synchronize with at least one watch data set;

(d) establishing a communication link between the external digital device and the watch; and,

(e) updating the at least one data set.

2. The method of Claim 1 wherein said step of running a resident program further comprises erasing at least one watch data set located on the memory of the watch.

3. The method of Claim 2 wherein said resident program is transmitted to a memory of a watch or personal digital assistant.

4. The method of Claim 1 wherein said communication link is established via wireless signals.

5. The method of Claim 1 wherein said updating is accomplished by erasing at least one data set on the watch memory and inputting at least one updated data set on the watch memory.

6. The method of Claim 1 wherein said communication link is established via an IR port, an internet connection, an intranet connection or a satellite link.

7. A system for updating a data memory in a personal digital assistant device and a wrist watch, comprising the steps of:

(a) means for powering a watch;

(b) means for running a program resident on the watch, wherein said program identifies at least one watch data set to synchronize;

(c) means for selecting an external data set located on an external digital device to synchronize with at least one data set;

(d) means for establishing a communication link between the external digital device and the watch; and,

(e) means for updating the at least one data set.

8. The system of Claim 7 further comprising means for erasing at least one data set located on the memory of a watch.

9. The system of Claim 8 wherein said resident program is transmitted to a memory of a watch or personal digital assistant.

10. The system of Claim 7 wherein said communication link is established via wireless signals.

11. The system of Claim 7 wherein said updating is accomplished by erasing at least one data set on the watch memory and inputting at least one updated data set on the watch memory.

12. The system of Claim 7 wherein said communication link is established via an IR port, an internet connection, an intranet connection or a satellite link.

13. A method for updating a data set in a personal digital assistant and a watch comprising:

(a) a personal digital assistant with a processor and a memory containing at least one data set;

(b) a watch with a processor and a memory containing at least one data set corresponding with at least one data set located on the personal digital assistant memory;

(c) a two way communication link for linking the personal digital assistant and watch during memory update synchronization;

(d) comparing at least one corresponding data set located on the personal digital assistant memory and the watch memory;

(e) copying at least one corresponding data set located on the personal digital assistant memory and the watch memory; and,

(f) updating at least one corresponding data set located on the personal digital assistant memory and the watch memory.

14. The method of Claim 13 wherein the personal digital assistant is at least one of a wristwatch, a wireless telephone, a wireless pager or a personal computer.

15. The method of Claim 13 wherein the two way communication link is established via an IR port, an RF port, a wire link, a wireless link, an internet connection, an intranet connection or a satellite link.

16. A system for updating a data set in a personal digital assistant and a watch comprising:

(a) a personal digital assistant with a processor and a memory containing at least one data set;

(b) a watch with a processor and a memory containing at least one data set corresponding with at least one data set located on the personal digital assistant memory;

(c) a two way communication link for linking the personal digital assistant and watch during memory update synchronization;

(d) means for comparing at least one corresponding data set located on the personal digital assistant memory and the watch memory;

(e) means for copying at least one corresponding data set located on the personal digital assistant memory and the watch memory; and,

(f) means for updating at least one corresponding data set located on the personal digital assistant memory and the watch memory.

17. The system of Claim 16 wherein the personal digital assistant is at least one of a wristwatch, a wireless telephone, a wireless pager or a personal computer.

18. The system of Claim 16 wherein the two way communication link is established via an IR port, an RF port, a wire link, a wireless link, an internet connection, an intranet connection or a satellite link.

19. An apparatus for aligning a watch and a personal digital assistant for data transfer operations comprising:

(a) means for positioning a personal digital assistant device;

(b) means for positioning a watch;

(c) means for aligning a communication port associated with the personal digital assistant and a communication port associated with the watch; and,

(d) means for reflecting radiation emitted from the transmitting communication port to the receiving communication port.

20. The apparatus of Claim 19 further wherein the means for reflecting radiation comprises a reflective surface positioned between the communication port associated with the personal digital assistant and the communication port associated with the watch.

21. The apparatus of Claim 19 wherein the means for reflecting radiation is comprised of at least one of metal, plastic, paper or cardboard.

22. The apparatus of Claim 19 wherein said reflective surface is dimpled.

23. The apparatus of Claim 19 wherein said reflective surface contains at least one hole.

24. The apparatus of Claim 19 wherein said reflective surface is striated.

25. The apparatus of Claim 19 wherein said reflective surface is parabolic.

26. The apparatus of Claim 19 wherein said reflective surface is concave.

27. The apparatus of Claim 19 wherein said reflective surface is convex.

28. A digital wristwatch comprising:

(a) a display;

(b) at least one microcontroller running an operating system;

(c) at least one memory;

(d) at least one display controller;

(e) at least one rocker switch;

(f) at least one pushbutton switch;

(g) a wristband; and,

(h) a stylus.

29. The watch of Claim 28 wherein the display comprises one of a touch screen, and a liquid crystal display, an electrophoretic display or OLED display.

30. The watch of Claim 28 wherein the stylus is secured to the user's finger.

31. The watch of Claim 28 wherein the stylus includes a pen tip or pencil tip.

32. The watch of Claim 28 wherein the stylus is stored inside the wristband.

33. The watch of Claim 28 wherein the stylus is secured to the wristband.

34. The watch of Claim 28 wherein the microcontroller is activated by contacting the display.

35. The watch of Claim 28 wherein the operating system is the Palm OS operating system.

36. The watch of Claim 28 wherein the watch is water resistant.

37. The watch of Claim 28 wherein the watch is waterproof.

38. The watch of Claim 28 wherein the microcontroller is in standby mode and the display is active.

39. The watch of Claim 28 wherein the microcontroller powers up at least once every minute to update the display controller to change the time on the display.

40. The watch of Claim 28 wherein the microcontroller powers up at least once every second to update the display controller to change the time on the display.

41. The watch of Claim 28 wherein the microcontroller powers up at least once every tenth of a second to update the display controller to change the time on the display.